



Challenge2020 @ Hill View School

30th January 2020

Dear Parents and Carers,

To celebrate the Tokyo Olympic and Paralympic Games in 2020, United Learning is bringing PE, sport and creative arts departments together to inspire students and staff in schools and central office to take on their own physical challenges across a 20-week period.

The challenges are centred around the figure 2020, whether that be 2,020, 20x20, 200x20 or any other configuration that enables individuals or teams to undertake challenges that will have a positive influence on their physical and mental well-being. Creative arts will bring the Japanese flavour to the challenges by supporting the creation of a commemorative piece that captures the school's challenges and/or the values of United Learning and the Olympic and Paralympic Games.

Following our recent success in winning the ALDI Sports Stickers Competition and having met Tom Hansley the Olympic Gold medallist, we are feeling inspired to set ourselves a whole school 2020 challenge. Two years ago, many staff, children, parents and friends of the school took part in our first Hill View Triathlon raising money for our school minibus.

Following requests for a new Hill View Challenge, we would like you to join us in our **Hill View** Challenge2020. The Challenge is based on setting a personal physical exercise pledge between now and May. The pledge is based on achieving a total number of active points during the Challenge 2020 period. For this challenge there is no sponsorship needed and is purely based on setting your own personal wellbeing target for a set period of time. The degree of challenge is totally up to you.

For example, you could set a target of a minimum of 2020 points to be earned during the 4-month challenge period.

Distance/activity	Points
Every 1,000 steps	10 points
5,000 steps	Extra 10 points
10,000 steps	Extra 20 points
Every 20 mins of active exercise	20 points
20 min swim	20 points
20 min bike ride/scoot	20 points
Walk / cycle / scoot to school (one way)	20 points
Attending an exercise class/going to the gym (approx. 40 mins – 1 hr)	20 points
PE or Games lesson in school	20 points
Active After school club	20 points
Challenge 2020 event	100 points
Kids Park Run	50 points
Represented the school in a sporting activity	100 points
Out of school club session/activity	50 points

So, a week could look like this:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk to school Club 4,000 steps	PE Lesson 6,000 steps	PE Lesson 5,000 steps	Cycle to school Club 3,000 steps	20 mins football 5,000 steps	Dance lesson 20 min bike ride 4,000 steps	20 min scoot 6,000 steps
20+20+40=80	20+70=90	20+60=80	20+20+30=70	20+60=80	50+20+40=110	20+70=90
Total points for the week						600
Points needed to get Bronze						2020-600=1420

There are three tiers of award depending on how many points you achieve.

Award	Points Required
Bronze	2020
Silver	4040
Gold	6060

You will need to keep a log of your weekly and monthly exercise/activity. The Challenge 2020 EXCEL tracker has been programmed to cumulate your distances over the challenge period. For children or adults who want to calculate the number of steps and do not own a smart watch or Fitbit you may wish to purchase step counter watch, these can be purchased at cost price from Mr Rose for £12 each (payable using our online Gateway system www.schoolgateway.com) or you may wish to purchase your own. If children are wearing these in school, they must not disrupt learning and must be clearly named. School cannot take responsibility for them if they are lost or damaged, they will be the responsibility of the pupil.

At the end of Challenge 2020, in May, you will need to submit your exercise evidence log using the EXCEL tracker to the email below.

What do I do next?

Please email your pledges to Challenge2020@hillview-school.co.uk by Wednesday 5th February 2020. We are keen to engage as many of our families as possible so please support this health and wellbeing challenge by giving it a go! The pledge forms can also be found on our website <https://hillview-school.co.uk/challenge-2020> . Once you have submitted your pledge all you have to do is get moving!

How do I keep track of my points?

Simply jot down your daily/weekly points on the spreadsheet and this will keep a tally for you. At the end of the challenge, in May, you will then need to hand in (to Mr Rose) or email your spreadsheet to Challenge2020@hillview-school.co.uk . The children will be bringing home a paper copy of the tracker spreadsheet.

What will I get at the end?

Most importantly, a huge sense of achievement and hopefully noticeable improvements in your physical and mental wellbeing. All participants will also receive a certificate to validate the completion of their pledge.

We look forward to hearing about your progress over the next few months. Any queries please email Challenge2020@hillviewschool.co.uk or phone the school office, leave a message and someone will get back to you.

Yours sincerely



Mrs Claire Ferens
Headteacher

Together we can bring about the Best in Everyone through PE, sport and the arts in 2020!

Order slip for a steps counter watch

Please hand this form to Mr Rose once payment has been made.

Name of Child.....Class.....

Number of counter watches needed:.....

I can confirm that I have made payment of £..... via the school gateway.

I understand that if my child wears the watch in school it must be worn responsibly and that the schools holds no responsibility for it getting lost or damaged.

Signed:Date:.....

NB it will take a few days for you to receive your watch as we will order to demand.